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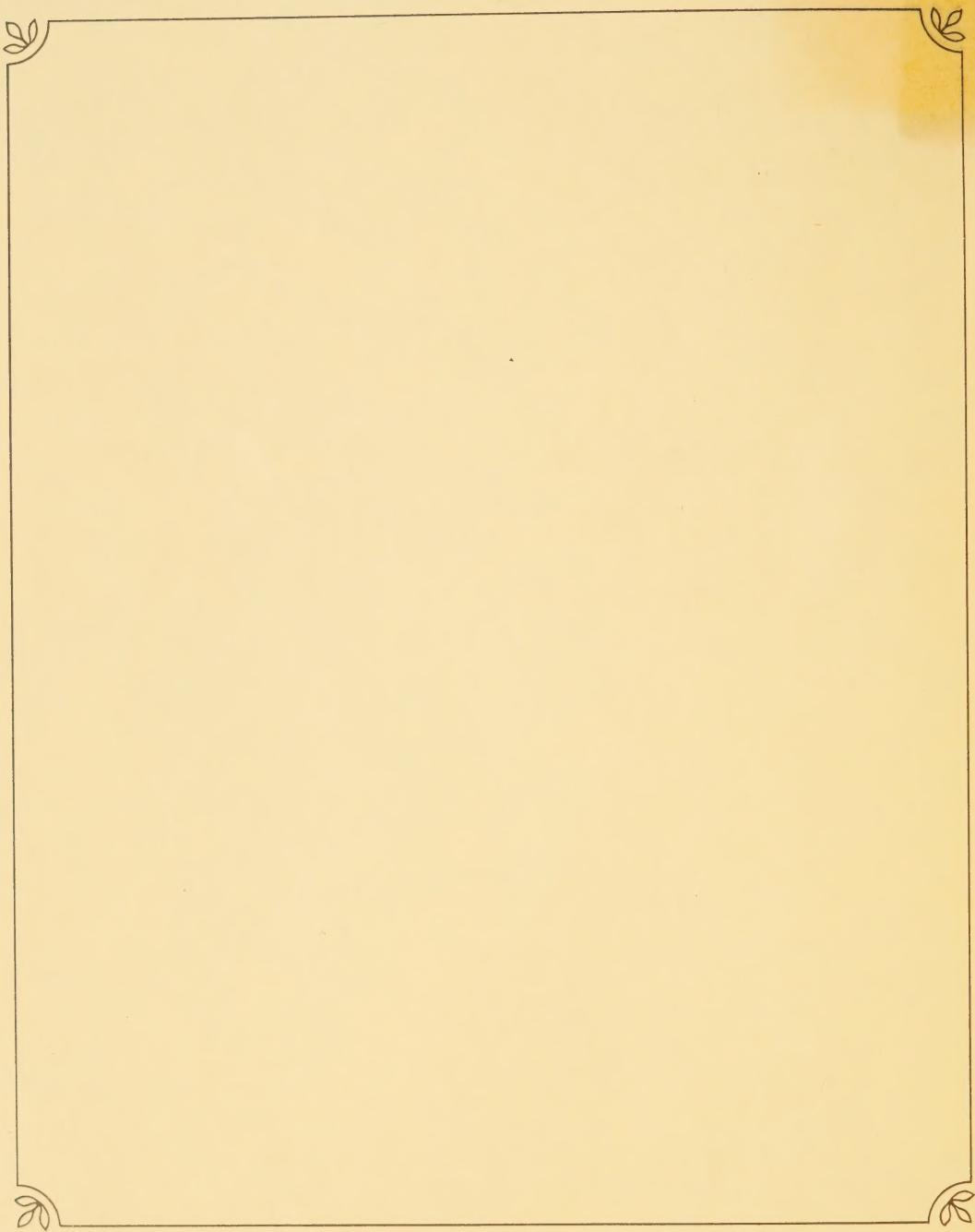
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HOUSE KEEPING



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HOUSE KEEPING

Ways to keep your home safe and clean

Medical Services

Honourable Allan J. MacEachen,
Minister of National Health and Welfare

John N. Crawford, M.D.,
Deputy Minister of National Health

Joseph W. Willard,
Deputy Minister of National Welfare

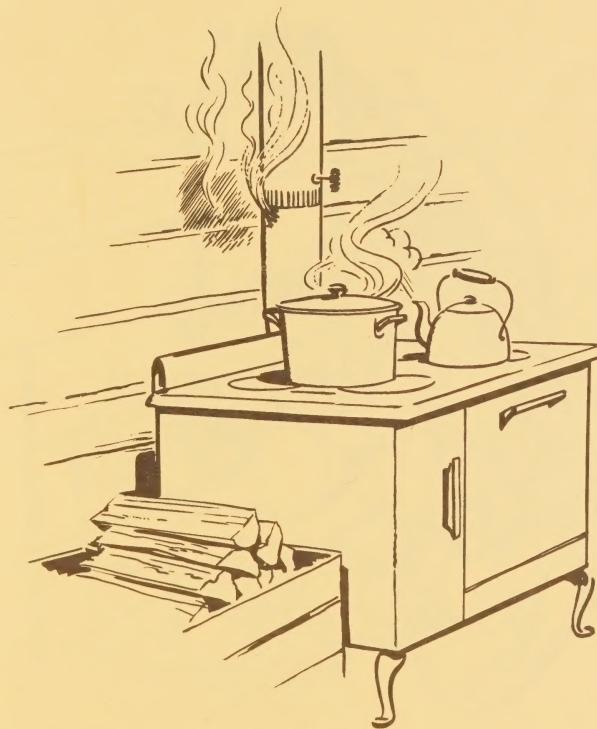
Ways to keep your new house clean and safe

Many years ago, the Indian people lived in tents made of skins or bark. Some of them lived in log houses without floors. Then many Indians built small houses of logs with wooden floors. Now the houses are larger. They are made of lumber and plywood and have linoleum flooring. There are a number of rooms.

Keeping these houses clean is not hard but there will be different things to do. If they are well kept, they will last many years and be safe, clean places to bring up children.

Here are some ways
to keep your new house
safe and clean:

Make sure your stove is in good condition. Broken places in the stove or stovepipe could cause a fire. If you buy a new stove, think about one with a flat top and an oven for cooking.



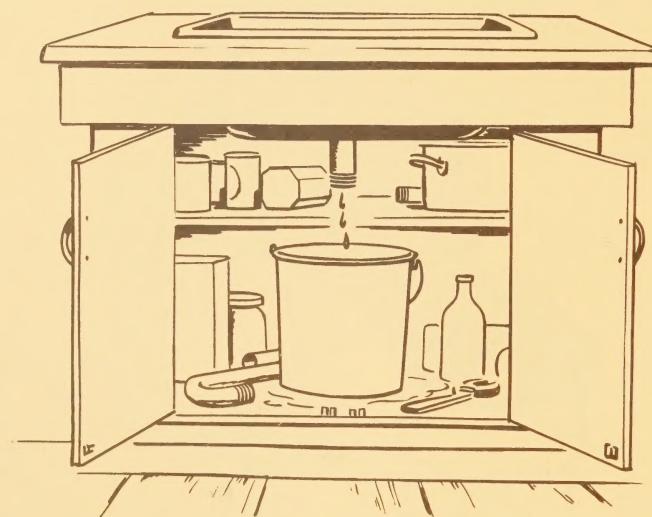
Keep your kitchen cupboards clean. The shelves and drawers should be washed often with soap and hot water. Doors should be kept shut. Open cupboard doors cause accidents and let dust and flies in on the food and on your plates and cups. Dust and flies carry disease.



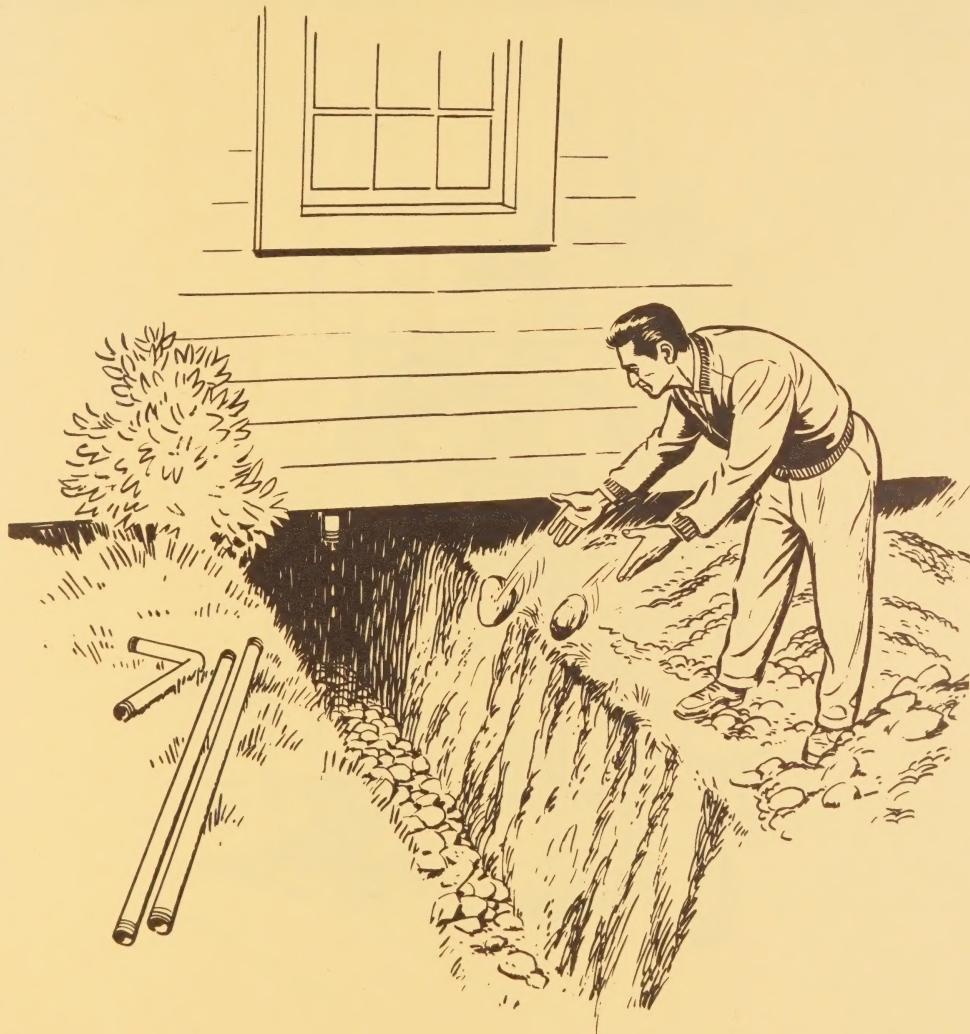
Keep the sink clean. Garbage belongs in a covered garbage pail or a covered garbage pit. Garbage and fats will block the sink drain. Fats can be poured into an old can and put in the garbage. Wash the sink with soap and water after you have used it.



Keep the drain open. In winter, it may freeze if it is not protected from the frost. If it does, disconnect it from the sink, and use a pail to collect the water.



Dig a proper soakage pit for the sink drain. Flies will gather if drainage runs out on the ground.



Sweep the floor with a broom at least once a day. Wash the floor often with hot water and soap. Dry it well; water does not soak into linoleum. Water on linoleum is slippery and causes accidents. It also gets under the linoleum and loosens it and causes a musty smell.



Have a foot scraper at the doors. Teach the family to scrape the mud and dirt off their shoes before they come into the house.



Painted walls should be washed with hot water and soap at least twice a year.



Keep the screen door shut and use screens on the windows to keep the flies out.



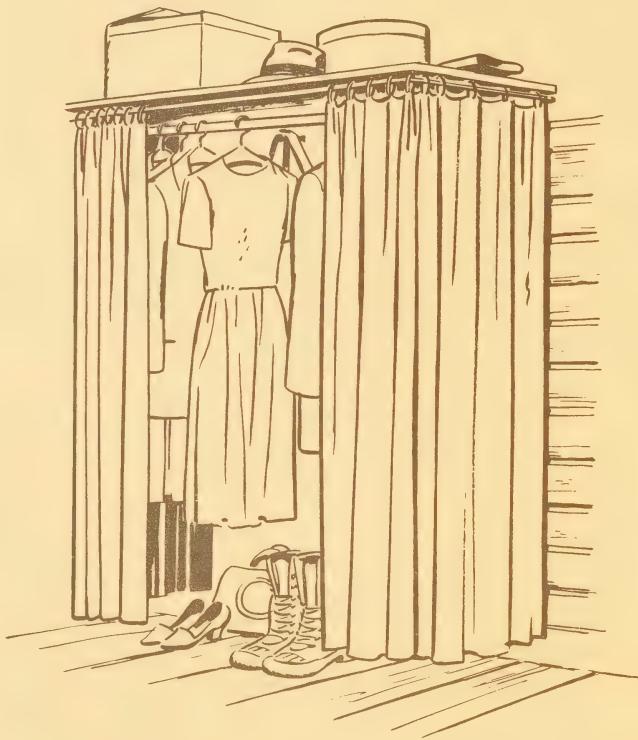
Clean the windows to let the sunshine in. Clean water and a little vinegar does a good job if you dry the glass with a clean cloth or with newspaper.



Put up a rail or nails for towels in the bathroom. Each person should have a separate towel. Towels should be hung up so they will dry after use. Make a table to hold the basin and soap. Don't forget a place to keep toothbrushes, toothpaste, combs and a nailbrush. A mirror in the bathroom will help to teach children to brush hair, wash faces and clean teeth.



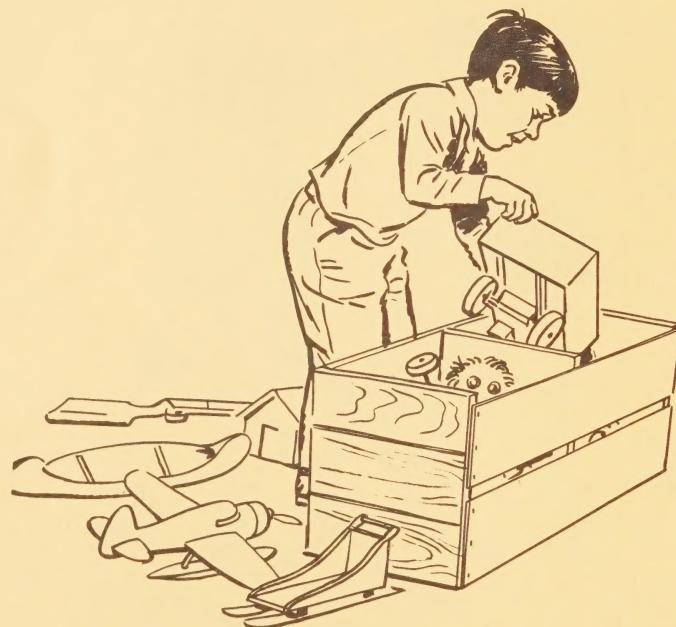
Put a rod or row of hooks in the bedrooms so that clothing can be hung up. A shelf built above the row of hooks makes a good place to keep personal things and will also hold a curtain to keep dust off clean clothing.



Fasten a wooden peg or rail to the floor to stop doors or furniture from hitting plywood walls. Plywood can be broken if this happens.



Teach the children to keep their rooms clean. Shelves on the wall or boxes for toys will help.



If a window gets broken, a door hinge gets loose, or a wall gets a hole in it, fix it right away. If you leave it, there may be an accident to you or your children.



Remember Soap and water help make a house safe and clean.

. . . . A safe, clean house helps keep children healthy.

. . . . A safe, clean house lasts longer.

. . . . A safe, clean house is a happy place to live.

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